9. (New) The snow board of claim 8, characterized by the elongate web (4) being structured as a support surface for a snow boarder and the slots (11) between the gliding members (2;3) and the elongate web (4) having height of up to 5 cm, preferably 3 to 5 cm.

10. (New) The snow board of claims 1 and 2, characterized by the glide members (2;3) being in their longitudinal directions provided with a waistline (9) and spacers (8) being fixedly or movable and replaceably arranged on the surfaces of the gliding members (2;3).

11. (New) The snow board of claims 1 to 3, characterized by the fact that the releasable connection of the spacer elements (8) with the gliding members (2;3) is provided by insert (7).

12. (New) A snow board, comprising:

an elongated unitary body of predetermined length forming first and second gliding members extending along opposite lateral margins thereof;

an elongate web extending between the first and second gliding members and being joined to forward and rear section of the body in a curved transition and separated from the first and second gliding members by lateral slots.

13. (New) The snow board of claim 12, wherein the elongate web protrudes from the surface of the body by from 3 to 5 cm.

14. (New) The snow board of claim 12, wherein the first and second gliding members have elongated lateral margins of concavely curved configuration.

15. (New) The snow board of claim 13, wherein the elongate web is provided with means for connecting bindings.